

LIFESTYLES

Hawaii Marine B Section

November 14, 2003



Kristin Herrick

Above — Lance Cpl. Monroe F. Seigle portrays a Marine of the Barbary Wars at the Uniform Pageant. Right — Lance Cpl. Joel Paula depicts a World War II Marine.



Kristin Herrick



Kristin Herrick

Lance Cpl. Clayton Peterson poses as a Banana Wars Marine while the Marine Forces Pacific Band strikes up “Old Panama,” a song from that era.



Cpl. Jason E. Miller

Corporal Travis Eslinger represents a Revolutionary War era Marine during the Marine Corps' 228th birthday celebration aboard MCB Hawaii, Kaneohe Bay. Marines re-enacted devil dogs from different war eras at the traditional birthday pageant before a crowd of more than a thousand spectators.

U.S. Marines recount their past

Kristin Herrick
Staff Writer

“Semper Fidelis.” Always faithful. This motto has been carried by generations of Marines for more than two and a quarter centuries and will prevail for generations to come. Marine Corps history was re-lived last Friday as MCB Hawaii residents and visitors gathered at Dewey Square aboard Kaneohe Bay for the annual Uniform Pageant and Cake Cutting Ceremony.

The pageant, in honor of the United States Marine Corps’ 228th birthday, presented the history of the Corps through era uniforms beginning with the Revolutionary War and ending with the present-day Marine.

The Marine Forces Pacific Band played music distinct to each era as period Marines marched into the square and re-enacted moments from history.



Cpl. Jason E. Miller

Veterans of World War II, the Korean War, the Vietnam War and Desert Shield/Desert Storm each received recognition for their service to the country and the Marine Corps.

In keeping with tradition, Brig. Gen. J. C. McAbee, commanding general of MCB Hawaii, presented birthday cake to the oldest and youngest Marines in attendance.

The oldest was Vivian Thompson, who is 92 years old and first joined the Marine Corps in 1943. Private First Class Alexandro Lopezamora was the youngest Marine present at 18 years old; he joined the Corps in January 2003.

Many who attended said the pageant made them feel proud — no doubt stemming from the decades of honorable and faithful service of United States Marines.

Students from several local schools, who are part of the Adopt-a-School program at MCB Hawaii, made a special field trip to help celebrate the Marine Corps’ 228th birthday.



Following the display of era uniforms, Marines re-enacted the raising of the flag on Iwo Jima in 1945.

Cpl. Jason E. Miller

MCCS

MARINE CORPS COMMUNITY SERVICES
www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

NOVEMBER

14 / Today

Player’s Ball — Dress in your favorite player’s attire from the 70s and head down to the Kahuna’s Ballroom for a night of disco and dining.
Hosted by Kahuna’s and Genesis Entertainment, the ball will kick off at 9 p.m. and is open to all ranks ages 18 and over, with a \$5 cover charge.
For more info, call 254-7660.

Thanksgiving Turkey-To-Gobble — Beat the heat this Thanksgiving and order a complete “Turkey-To-Go” dinner from Marine Corps Community Services and Chef Renato Sabalburo’s kitchen, anytime through Nov. 21. Your complete Turkey-To-Go dinner will serve six to eight people and include a 10- to 12-pound herb and garlic

roasted turkey, cornbread, Portuguese sausage and chestnut stuffing, giblet gravy, roasted garlic mashed potatoes, corn O’Brien, cranberry sauce, rolls and butter, and pumpkin pie.
The cost is \$59 and prepayment is required by Nov. 21. Pick up your Turkey-to-Go meal Nov. 27, between 10 a.m. and noon at the Fairways at the Kaneohe Klipper Golf Course aboard MCB Hawaii, Kaneohe Bay.
To place your order, call 254-5592 or 254-5481.

15 / Saturday

Saturday Night Fever — Break out the bellbottoms and platform shoes for the Staff NCO Club 70’s Costume Party. Disco to the club at 6 p.m. for a costume contest and hot prizes. Dance the night away to your favorite 70’s jams.
This event is free for members and \$3 for nonmembers.

17 / Monday

Lifestyle Insights, Networking, Knowledge and Skills — All military spouses

are invited to get to know more about the LINKS program and network with other military spouses, Monday through Wednesday from 5:30 - 9 p.m.
Attendees will learn about the military lifestyle and what services MCB Hawaii offers.
For more info, call 257-2368.

19 / Wednesday

Bosses’ Night — Bring the boss down to the Staff NCO Club for a little shop talk in a relaxed atmosphere. Grab a couple of drinks and munch on the juiciest 25-cent wings you’ll find anywhere.
Bosses’ Night begins at 5 p.m. and ends at 7 p.m.

Thinking About Marriage? — Get in the know and attend the next Marriage Skills Workshop, Wednesday through Thursday.
You’ll learn more about becoming a successful military family, couples’ communication, budgeting and finances, and other resources available to create a successful relationship.
Call 257-7780 or 257-7781 to register.

20 / Thursday

Oahu Officers’ Mixer — We’re mixing it up at the Officers’ Club. Meet your fellow officers from all branches of service, from all over the island. Panoramic views, live blues music by NightTrain, awesome food, beverage specials and a sunset evening from 5:30 - 8 p.m. await you.
For more information, call 254-7650.

21 / Friday

Latin Night at Kahuna’s — Bring your hottest dance moves to Kahuna’s “Latin Night” featuring live music by El Conjunto Tropical. Start the weekend right with a refreshing beverage and half-price pupus from 4:30 - 6 p.m.

22 / Saturday

Skechers Trunk Show — Check out the latest trends at the Main Exchange shoe department. Skechers representatives will be available from 11 a.m. - 2 p.m. to assist you with shoe selection and information.

28 / Friday

Christmas Trees — Fresh Christmas trees go on sale in the parking lot across from the MCX Annex. Opening day hours will be 6 a.m. - 7 p.m.; regular lot hours will be Monday - Friday, 11 a.m. - 7 p.m., and Saturday and Sunday, 10 a.m. - 6 p.m.
Movie Sale — Check out Mega Video’s November blow out sale! Choose any 10 previously viewed VHS tapes, below the cost of \$9.95, for only \$20. You must purchase 10 tapes, and the sale runs through Nov. 30.

DECEMBER

4 / Thursday

Holiday Craft Fair — Calling all crafters! Camp H. M. Smith’s Holiday Craft Fair is coming up — Dec. 4 to be exact. The fair attracts a large crowd and features items from home-made and holiday craft items to baked goods.
Interested sellers can call 447-5143.

SM&SP



All events are open to single, active duty military, E-5 and below.
The SM&SP Office is located in Bldg. 219. Call 254-7593 for more information.

Volunteer Opportunities

Marines and Sailors are needed to help support the following events:
•Dec. 5 - 7 at varied times: At the Special Olympics Holiday Classic Bowling Competition at K-Bay Lanes aboard MCB Hawaii, Kaneohe Bay, with operations, airport escorts, hospitality, merchandising, set up and tear down.
•Dec. 13: At Santa’s Village at the Enlisted Club, with set up and tear down.
•Dec. 13 at varied times from 2:30 to 11 p.m.: At the Special Olympics Jingle Bell Run, with set up, tear down.

Next Year

2004 promises to deliver, as SM&SP already has these activities lined up for you: the Pro Bowl; neighbor island, Disneyland and Las Vegas trips; deep sea fishing; and more!

SM&SP Benefits

Single Marines and Sailors of MCB Hawaii enjoy many bargains such as the following:
•At the tennis courts: Get into the swing of things with free tennis lessons Thursdays from 11 a.m. – 12 p.m. Call 258-8081 to make your reservations.
•At the Kaneohe Klipper Golf Course: Practice your swing with free range balls, club rental at \$5 per set, 9 holes of play at \$5, or 18 holes of play for \$9.

SM&SP plans ‘Holiday Bash’ for singles

Edward Hanlon V
MCCS Public Relations

For all single, unaccompanied E-5 and below Marines and Sailors who are not able to spend time with their mainland families this Thanksgiving, the Single Marine & Sailor Program is holding its annual “Holiday Bash,” Nov. 26 at the Enlisted Club Ballroom. Last year more than 400 Marines and Sailors participated in the event and the SM&SP is expecting to reach maximum capacity this year as well.
Marines and Sailors will get a great traditional Thanksgiving feast, as well as door prizes, live music from rock and rollers “Revolution,” games, events



Courtesy of MCCS

Singles can come enjoy live entertainment at the ‘Holiday Bash.’

and entertainment for all.
This year, as a special treat, the SM&SP is serving a healthy dose of laughter with live comedians providing entertainment. The “Comics-On-Duty World Tour,” part of the Armed Forces

Entertainment group featuring Jeff Capri, Steve Eblin, Steve Mazan, Bob Kubota and Mike Burton, will kick off at 7 p.m.
Doors will open at 5 p.m. for the “Holiday Bash,” and two buffet lines will open around

Officers cross roads at the K-Bay Officers’ Club

Bobbie Brock
MCCS Public Relations

The Kaneohe Bay Officers’ Club is saluting all officers who serve our country from sun up to sun down, 24 hours a day, seven days a week, with a special Oahu Officers’ mixer.
The mixer will be held on the poolside lanai on Thursday from 5 - 8 p.m. Officers from every branch of service are invited to the renovated club with its panoramic views of the Pacific Ocean, in an enjoyable and relaxing atmosphere.
Mingle with your fellow service members, meet new friends and rock to the popular island



Courtesy of MCCS

Officers from every branch are invited to mingle at K-Bay’s Officers’ Club.

blues band, “Night Train.” Further, a “Grill Your Own” dinner will be served with a potato bar and expansive salad

bar. A choice of chicken, fish and steak will be reasonably priced by the ounce.
“It’s not often that we see offi-

cers from other branches of service. We are proud to be one of only two Officers’ Clubs on Oahu, the other being Hickam,” said Kaneohe Bay Officers’ Club manager Ursula Hickox. “We felt this would be a perfect opportunity to share the uniqueness of the club and to say ‘thank you’ for your service.”
Though Kaneohe Bay is located on the Windward side and a bit of a drive for some, it’s a drive well worth taking. The H-3 conveniently links the Leeward and Windward sides, and the views are phenomenal.
For more information, call 254-7650.

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for “R”-rated movies in person at the box office for children 16 years old and younger. For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Show your I.D. at the box office. Call 254-7642 for recorded information.
Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

Cold Creek Manor (R)	Today at 7:15 p.m.
Duplex (PG 13)	Today at 9:45 p.m.
Under the Tuscan Sun (PG 13)	Saturday at 7:15 p.m.
The Fighting Temptations (PG 13)	Saturday at 9:45 p.m.
Second Hand Lions (PG)	Sunday at 3:30 p.m.
Under the Tuscan Sun (PG 13)	Sunday at 7:15 p.m.
The School of Rock (PG 13)	Wednesday at 7:15 p.m.
Cold Creek Manor (R)	Thursday at 7:15 p.m.
The Run Down (PG 13)	Nov. 21 at 7:15 p.m.
The School of Rock (PG 13)	Nov. 21 at 9:45 p.m.

JROTC brightens futures for students

Core values prep Kalaheo cadets for life

Lance Cpl. Monroe F. Seigle
Combat Correspondent

KAILUA — In the past five years, 10 students were offered and accepted service academy scholarships to universities in different states, and six others have accepted full Reserve Officer Training Corps scholarships after proving themselves as leaders through the Junior ROTC program at Kalaheo High School in Kailua.

Not only have the students learned how to be leaders in school and the community through the program, but they also have proved to be the number one ranked academic team within the Area 13 teams in the Navy JROTC National Academic Competition.

When a student at Kalaheo decides to join the JROTC program, the first thing he or she learns is the Cadet Corps Values.

The corps values include honor, which means cadets must recognize that they are responsible for their own personal behavior and recognize that it is a privilege to serve with fellow JROTC cadets and classmates.

They also learn courage. Courage means cadets will constantly strive to maintain the moral and mental strength to do what is right, with confidence and resolution — even while they face temp-

tation or personal adversity.

The final core value is commitment. Commitment is the day-to-day duty of every young man and woman in the JROTC to join together as a team to improve the quality of the unit, fellow cadets, classmates and themselves.

“Along with the Corps Values, we emphasize academics and participation in a variety of school activities,” said retired Lt. Cmdr. Henry P. Van Oss, senior naval science instructor at Kalaheo. “We recognize students at a freshman level who have potential to succeed and become good leaders. We groom them by putting them into leadership positions, so they can learn responsibility. They are also required to do community service-related activities while demonstrating respectable conduct.”

Although the JROTC is designed for full-time high school students, cadets are taught leadership skills year-round. During the summer months, some students qualify for the NJROTC leadership academy, a two-week long school available to students who have completed two years of the NJROTC program.

“As instructors, [Van Oss] and myself like nothing more than when our students come to our program and set some goals for themselves, then achieve them with hard work and discipline,” said retired Master Chief Petty Officer



Courtesy of Kalaheo High School

Kalaheo High School's NJROTC students participate in a drill competition at Hickam Air Force Base.

Bayani Benitez, naval science instructor with Kalaheo's NJROTC. “We are constantly telling our students to reach for the stars, and when they leave high school and are accepted to college, they then realize that all the hard work they put into their education has finally paid off.”

It was Oct. 29 when another student in the Kalaheo High School NJROTC program learned that her dedication to the NJROTC program paid off.

When Amelia Abbett, a senior at Kalaheo High School and the battalion commander with the NJROTC program, arrived home from school, her father

told her that the Navy recruiter had called and had some important information for her. When she returned the call, she was informed that she was granted a full scholarship to Oregon State University through the NJROTC.

“The [NJROTC] taught me leadership skills, and I am ready to go to college, so I can earn a commission in the Navy,” said an excited Abbett. “I have a lot of options open to me now, and I also have an advantage when I go to ROTC in college because I have learned these great leadership skills.

“I look forward to starting college in August of 2004.”

ON THE MENU AT ANDERSON HALL

Today Lunch Seafood Platter –Fried Fish Nuggets, Shrimp, Scallops & Breaded Oysters Lasagna Baked Ravioli Macaroni & Cheese Chewy Nut Bar Yellow Layered Cake w/ Butter Cream Frosting Asst. Fruit Pies	Specialty Bar <i>(Lunch & Dinner)</i> Pasta Bar	Monday Lunch Meatloaf Creole Pork Chops Mashed Potatoes Pork Fried Rice Apple Crisp Chocolate Chip Cookies Asst. Fruit Pies	Tuesday Lunch Beef Sukiyaki Pork Chop Suey Egg Foo Young Chinese Fried Egg Roll Steamed Rice Pork Fried Rice Chocolate Pudding Asst. Fruit Pies	Wednesday Lunch Barbecued Spareribs Country Style Steak Steamed Rice Mashed Potatoes Oatmeal Cookies Asst. Fruit Pies	Thursday Lunch Baked Lasagna Chicken Parmesan Asst. Pizza Slices Garlic Toast Brownies Asst. Fruit Pies
Dinner Roast Pork Loin Barbecued Chicken Mashed Potatoes Steamed Rice Chewy Nut Bar Yellow Layered Cake w/ Butter Cream Frosting Asst. Fruit Pies	Saturday Brunch/Dinner Herbed Cornish Hens Grilled Strip Loin Steak Rice Pilaf Mashed Potatoes Chocolate Chip Cookies Asst. Fruit Pies	Dinner Baked Turkey & Noodles Baked Fresh Fish Rice Pilaf Apple Crisp Chocolate Chip Cookies Asst. Fruit Pies	Dinner Creole Macaroni Baked Fish Fillet Mashed Potatoes Noodles Jefferson Chocolate Pudding Asst. Fruit Pies	Dinner Baked Chicken Beef Pot Pie Boiled Egg Noodles Mashed Potatoes Brownies Asst. Fruit Pies	Dinner Chicken Vega Simmered Corned Beef Parsley Buttered Potatoes Steamed Rice Apple Pie Oatmeal Cookies Asst. Fruit Pies
	Sunday Brunch/Dinner Yankee Pot Roast Baked Ham Mashed Potatoes Candied Sweet Potatoes Chocolate Layered Cake w/Chocolate Cream Frosting Asst. Fruit Pies	Specialty Bar <i>(Lunch & Dinner)</i> Pasta Bar	Specialty Bar <i>(Lunch & Dinner)</i> Taco Bar	Specialty Bar <i>(Lunch & Dinner)</i> Country Bar	Specialty Bar <i>(Lunch & Dinner)</i> Taco Bar



“quotable”

It is easier to do a job right than to explain why you didn’t.

— Martin Van Buren

Pears help liven dishes with flavor and elegance

NAPS
Featurettes

If you’re looking for a convenient way to add sweet flavor to cozy candlelight cuisine or enhance an exquisite entertaining event, consider one of the season’s most delicious fruits — the pear.

Pacific Northwest canned pears add flavor to every meal from breakfast to brunch, dinner to dessert, and they are always ripe and ready.

Although harvested in the fall from August to September, canned pears are available year-round due to the canning process that keeps them fresh.

RECIPE BOX

They can be used in foods as simple as oatmeal to heavenly dishes such as Pear-Lemon Cake with Raspberry Drizzle, a stylish cake with a fruity flavor that’s hard to turn down.

Pear-Lemon Cake with Raspberry Drizzle

1 can (15 ounces) sliced Pacific Northwest canned pears in juice or syrup
1/3 cup honey
1 egg

2 tbsp lemon juice, fresh
1 tsp lemon peel, grated
1 tsp vanilla
2 cups buttermilk
baking mix (such as Bisquick)
1/4 cup butter or margarine, melted
As needed raspberry jam, seedless
As needed raspberries, fresh (for garnish)
As needed mint leaves, fresh

(for garnish)

Drain pears, reserving 1/2 cup liquid in large bowl; set pears aside. Add honey, egg, lemon juice, lemon peel and vanilla to liquid in bowl. Beat until well



NAPS

blended. Stir in baking mix, mixing until just combined. Stir in butter or margarine; mix until combined. Pour batter into greased and floured 9-inch or 8-inch square baking pan. Arrange pear slices evenly over batter in pan. Bake at 350 degrees for 30 to 35 minutes, or until toothpick inserted in center comes out clean. Cool on wire rack. To serve, drizzle with warm raspberry jam. Garnish with fresh raspberries and mint leaves, if desired. Makes eight servings of 251 calories each.

WORD TO PASS

Child Seat Inspections Provided Tomorrow

With the wide variety of child restraint and belt systems in use in pas-senger vehicles today, knowing how to correctly install a child restraint system can be challenging. Not to worry, you can attend the Base Safety Center’s free child seat inspection, Saturday from 10 a.m. to 1 p.m. in the Marine Corps Exchange parking lot at MCB Hawaii, Kaneohe Bay.

Windward Mall Hosts Weekend Cultural Festival

The public is invited to gather for the 1st Annual Maohi Native Cultural Festival, a two-day event, today from 4 - 9 p.m. and tomorrow from 10 a.m. to 6 p.m. at the Windward Mall Center Stage Arena. The festival will feature Polynesian presentations, songs, dance, chants and music, artisans, crafts, demonstrations, exhibits, and more.

Be sure to catch the master storyteller, Emil Wolfgramm, who will share a mo’olelo (ancient story) about fe’e, he’e or feke (squid or octopus), to comple-ment the festival’s theme that embraces the oceanic pathways and voyages of early and modern-day Polynesians. Numerous surprise entertainers will delight crowds, too, and the whole fami-ly can enjoy cultural games, activities, contests and prize give-aways donated by the merchants of Windward Mall.

Purchase your Maohi T-shirt and lim-ited edition poster at the festival. For more details, contact Nancy Bush at 235-1143.

ASYMCA Donates Thanksgiving Food Baskets

The Armed Services YMCA will col-lect canned and boxed food items from selected containers located at the Kaneohe Bay Commissary, Mokapu Elementary School and various base organizations to make Thanksgiving food baskets. You’re invited to make

food donations so that financially strapped military families can enjoy a bountiful Thanksgiving dinner.

For more information, call the Armed Services YMCA at 254-4719.

Hale Koa Readies for Thanksgiving Day

The Hale Koa offers a variety of ways to give thanks and celebrate this holiday season, and prime among them is its bountiful harvest buffet with combina-tions of traditional and island favorites served in the Banyan Tree Showroom from 11 a.m. to 7 p.m., as well as elegant dining in the Signature restaurant from 5 to 9 p.m., or casual faire in the Bibas restaurant from 5 to 10 p.m. or the Koko Café from 4:30 to 9 p.m.

Make reservations now by calling 955-0555, ext. 546.

Army to Present “Man of La Mancha”

The Army Community Theater, at Richardson Theater aboard Fort Shafter, will present the ever-popular “Man of La Mancha,” the classic tale of Don Quixote, today, Saturday, Nov. 21, 22, 28 and 29 at 7:30 p.m.

Tickets are available at \$14 and \$17 for adults, \$8 and \$10 for children.

For reservations, call 438-4480 or visit www.SquareOne.org/ACT.

FRA Hosts \$15,000 Essay Contest

The Fleet Reserve Association (FRA) has chosen “What Patriotism Means to Me” as the theme for its 2003 – 2004 Americanism Essay Contest. Open to all students in grades 7 through 12 (includ-ing those who are home schooled), the contest awards a grand national prize of \$15,000 and first through third place prizes of \$5,000, \$3,000 and \$2,000 — all in U.S. savings bonds.

Each entrant must be sponsored by an FRA member in good standing or by a chartered FRA branch, essays must not exceed 350 words and the entire packet is due Dec. 1. Visit www.fra.org/

[branches/index.html](#) or call 1-800-FRA-1924 for more details about the contest or an FRA branch in your community.

The Fleet Reserve Association is cele-brating its 80th anniversary as the oldest and largest professional military associa-tion representing the concerns of Navy, Marine Corps and Coast Guard person-nel.

Santa’s Helpers are Needed

Volunteers are needed to help com-plete prep work for this year’s “Santa’s Village,” which will take place Saturday, Dec. 13 at the Enlisted Club. Further, Santa’s Village still needs four Santa Clauses to rotate duties Dec. 13.

Complimentary pizzas will be provid-ed for work crews, every Wednesday at 11 a.m., through Dec. 9. For more details, call Personal Services at 257-7787.

Super Star Students Win U.S. Savings Bonds

Two lucky students at Cherry Point, N.C., and Parris Island, S.C., are the most recent winners of U.S. savings bonds in the Marine Corps Exchange Super Star Student Program; however, hundreds of prizes are still available to win.

Each of the 16 MCXs are rewarding patrons in grades six through 12 who maintain a B average or better for the grading period. Since the program kicked off in September 2001, thousands have flocked to their local MCX to par-ticipate.

Super Star Students receive one scratch-off card per grading period with the chance to win prizes such as MCX gift certificates, disposable cameras, phone cards, gum machines, portfolios and clothing. There are three grand prizes per Main Exchange to include one \$1,000 and two \$500 savings bonds.

To be eligible, students must be authorized MCX patrons and visit their local MCX store manager within 30 days

of receiving their report card. Prizes must be claimed within 30 days.

For more information, students should contact the K-Bay or Camp H. M. Smith MCX locations.

Alliance Seeks Environmental Support

The Windward Ahupua`a Alliance will be selling “Bust-a-Dumper” cam-paign logo items and “Buy Five for the Road” Kapa’a Quarry Road Restoration Fund coupons at waa@hoku.com/ and at the KQR Holiday Store adjacent to Daiei and the post office in Kailua.

The KQR Holiday Store will be open Saturdays from 10:30 a.m. to 1:30 p.m. until Dec. 27. T-shirts are available for \$10, bumper stickers for \$1, coupons to buy six native plants for the restoration project (the sixth plant is yours to keep), and more, all for the sake of the environ-ment.

The following Alliance events are open to Windward O’ahu residents and patrons.

•*Sunday, 11:45 a.m. - 5 p.m.:* Enjoy a Kualoa Ranch Field Trip, a family affair, with lunch, snacks, and bottled water. Cost is \$5, and the trip is limited to the first 48 people, including children. Meet for (mandatory) bus transportation at the lower parking lot entrance to Windward Community College, with comfortable dress, closed-toe shoes, a hat and sunscreen.

•*Nov. 22, 7:45 a.m. - 12:30 p.m.:* Community Stewardship Day goes at Kawainui Marsh and Kapa’a Quarry Road. Work hours will be 8:15 a.m. to 11:30 p.m., followed by lunch and activi-ties. Call 263-6001 to sign up as a volun-teer by Wednesday.

•*Dec. 3, 6 - 8:30 p.m.:* Attend the public planning meeting to discuss greenbelts, urban trails, neighborhood walkways and more at Kahalu’u Elementary School.

Assessment for Fitness Facilitators Sought at Blanche Pope

On Tuesday, Nov. 18, from 9:30 to 11 a.m., students at Blanche Pope Elementary will participate in a baseline physical fitness assessment. The school has requested 20-25 volunteers to facili-tate each station and monitor the scores and times.

For more information or to help, call Ryan Amine at 259-0459, or 729-4624.

Did You Know?



Neon gas was named for the Greek word for new.

Applying for college doesn’t have to be stressful

NAPS
Featurettes

As if juggling academics, extracurricular activities, after-school jobs and family commitments were not enough, high school seniors face the additional stress of getting their college applications in on time. For many students, the application process is overwhelming.

Even applying an early decision to just one school can be stressful. Early decision plans require students to commit to attend the school if accepted, so students must be very sure before they apply.

But students might be surprised to know that 3,060 colleges, or 85 percent of all colleges in the United States, use an admissions policy that allows them to apply at their own pace.

These colleges use “rolling” admissions, whereby students’ applications are reviewed as they come in. According to the College Board, most public universities, many private liberal arts colleges and almost all community colleges use rolling admissions.

Renee Gernand, senior director of College Planning Services at the College Board, said, “Applying to schools with rolling admissions is one way to relieve some of the stress of the college application process.



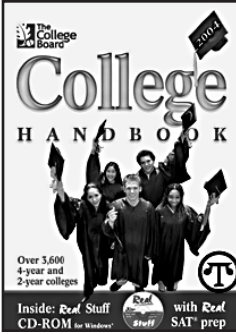
Eighty-five percent of all U.S. colleges allow students to apply at their own pace.

“Students typically hear back from schools four to six weeks after they apply. In some cases, students can apply to a school in the fall and receive a decision by December, without the binding obligation that comes with early decision policies.”

“Most schools with rolling admissions also accept applications into the spring, which can help students who need a little more time to make their decisions,” Gernand added.

More information on colleges, and their application requirements and deadlines, can be found in the College Board College Handbook 2004. The Handbook, which describes every four- and two-year college in the United States, helps students understand their options as they plan for college. It includes information on early decision policies at hundreds of schools, as well as an index of schools that accept applications year round.

The Handbook can be purchased in bookstores, or online at www.collegeboard.com.



Teaching wise money management skills to children doesn’t have to be difficult

NAPS
Featurettes

Children deal with money daily, whether it’s putting a coin in a gumball machine, or saving money in a piggy bank. Children can also understand that money has value and can be used to buy treats, toys and even necessities.

Barbara Anderson, Ed.D.,

vice president of education for KinderCare Learning Centers, offers these tips for raising money-savvy children.

Educating Money-Savvy Kids

- Children can and should learn that money is earned. Instead of giving an allowance, have him or her earn it.

Business and math concepts can be learned at a

sidewalk lemonade stand.

- Take your child to the bank with you and let him or her watch as you make a deposit or withdrawal.

Open a savings account for your children. Encourage them to add to the account, and explain the advantages of saving early and often and establishing a long-term goal, such as

buying a bike or saving for college. These techniques will help your child make the connection between saving and future rewards.

- Earning and saving money are important lessons, but children also should learn to share money.

John D. Rockefeller used a formula to determine how

much to save, spend and give to charity. He set aside 20 percent for savings, five percent for charity and 75 percent for spending.

The idea is to teach children to save first, then spend.

Anderson reminds parents that “The younger you are, the more time is on your side as you earn, save, invest and share.”